Evaluating Core Stories

The Realization Project 2022

"Story is a yearning meeting an obstacle." --Robert Olen Butler
“In every forest, on every farm, in every orchard on earth, it’s what’s under the ground that creates what’s above the ground. That’s why placing your attention on the fruits that you have already grown is futile. You cannot change the fruits that are already hanging on the tree. You can, however, change tomorrow’s fruits. But to do so, you will have to dig below the ground and strengthen the roots.”
T. Harv Ecker
Examining Core Stories

- A core story is the belief(s) that shape our reality
- A core story is learned
- A core story dictates what is possible
- A core story is a lens through which we interpret reality
- A core story does not have to be objectively true

Objective = “dogs are loyal to their owners”

Subjective = “dogs make the best pets”
Identifying my Core Story

➢ What is your most painful memory related to money?
➢ What is your biggest fear about money?
➢ What were you taught was important about money?
➢ When have you been most positively or negatively moved by money?